

SEPTEMBER 2004

Facets

F O R W O M E N

Women's
Health
Symposium

Farmer's
Market
Fare

**Kathy Geoffroy talks about
surviving breast cancer**

Notes *from the newsroom:*



Frances Wilke, *editor*

When we first started Facets, our intention was to highlight the women in our community. After all, we have more than our fair share of movers and shakers. Now, some of the national magazines are covering the female partners of famous men, so why couldn't we.

When I first called Kathy Geoffroy, the wife of Iowa State University President Greg Geoffroy, I offered her the "Your Say" column for September. Surely, we could offer her a venue to be herself. She thought about it and admitted it was not that easy of a project getting her thoughts down on paper.

Then I thought Kathy Geoffroy would make a great cover story.

Who was this private, quiet woman? I did not see her out in the community even though she is a high profile person. I wondered, who this person living in the Knoll? Would she allow me to take pictures for our readers to see the upstairs living quarters.

My first trip there we talked about family and interests. I asked about the renovation of the Knoll itself, which was mostly structural rather than luxurious. I learned too, that the old adages of avoiding

talk about sex, religion and politics to be true when talking to Geoffroy.

I left with a simple uncontroversial story of a woman dedicated to her husband and children, a woman who enjoyed meeting new people, being surrounded by the young adults and ideas of ISU.

It was on a phone call to check my facts that she told me something else, something important. She is a breast cancer survivor. This very private woman wanted to share something, to warn other women to be vigilant about their health.

Then she became my Ms. September — a scoop as we say in the news business. It is the most exciting word that one could utter in a newsroom except for the phrase "stop the presses!" It was a pivotal moment in my short career.

In retrospect, the story is more than a scoop to me.

It reminded me that it does not matter what you do for employment or where you live, health concerns affect us all. After my interview, I made my own appointment with my doctor.

I also thought about all the people not lucky enough to have health care coverage. I hope that for our country's future, we make serious changes in our own personal actions as well as policy decisions. ♦



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2. The particular angle from which something is considered.

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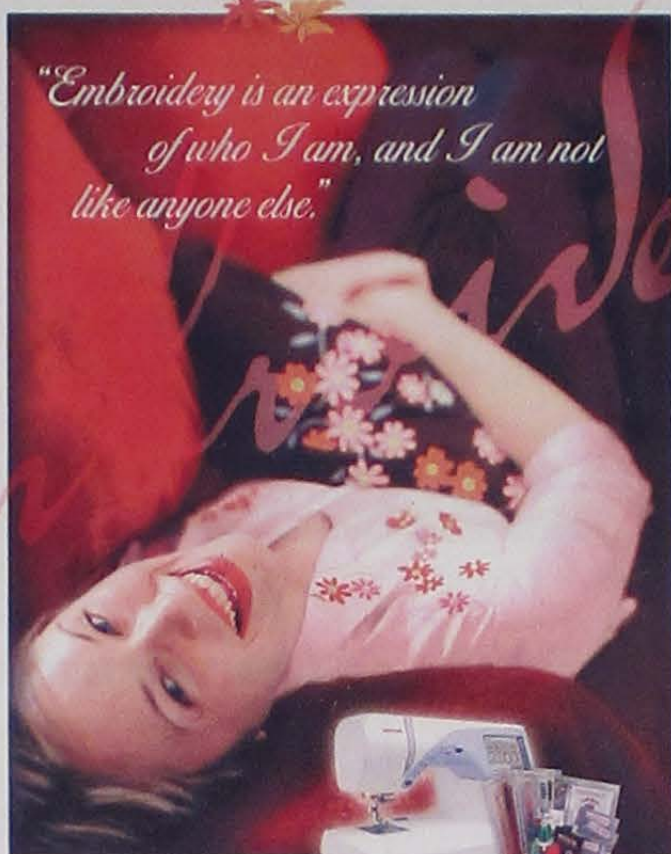
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from the farmers MARKET

By Frances Wilke
Facets Editor

Do you have a Zen for zucchini? Are you looking for transcendentalism in a tomato? Would you like to create salsa that lets you taste the sun of summer? What can you do with the ever-ripening bounty at the market?

Ames is blessed with two farmers markets that require a higher standard of vendors than other markets around central Iowa. The main requirement is that vendors actually grow the produce they sell. Here are some tried and true dishes that are foolproof.

Corn

Cut kernels off the cob and cook in a saucepan for about three minutes. Add a tablespoon of cream cheese for each ear of corn. Add salt and black pepper to taste.

Squash and Zucchini

Combine yellow squash, zucchini and carrots cut in slices. Sauté with oil and throw in chopped fresh mint. Squeeze a fresh lemon on the last stir.

Sassy Salsa

One small finely chopped onion
Two tablespoons lime juice
Two finely chopped jalapeno peppers without seeds
One cup fresh tomatoes skinned, seeded and finely chopped
Three tablespoons fresh chopped coriander
Salt and pepper to taste

Combine all the ingredients and let it sit in the refrigerator for two hours.

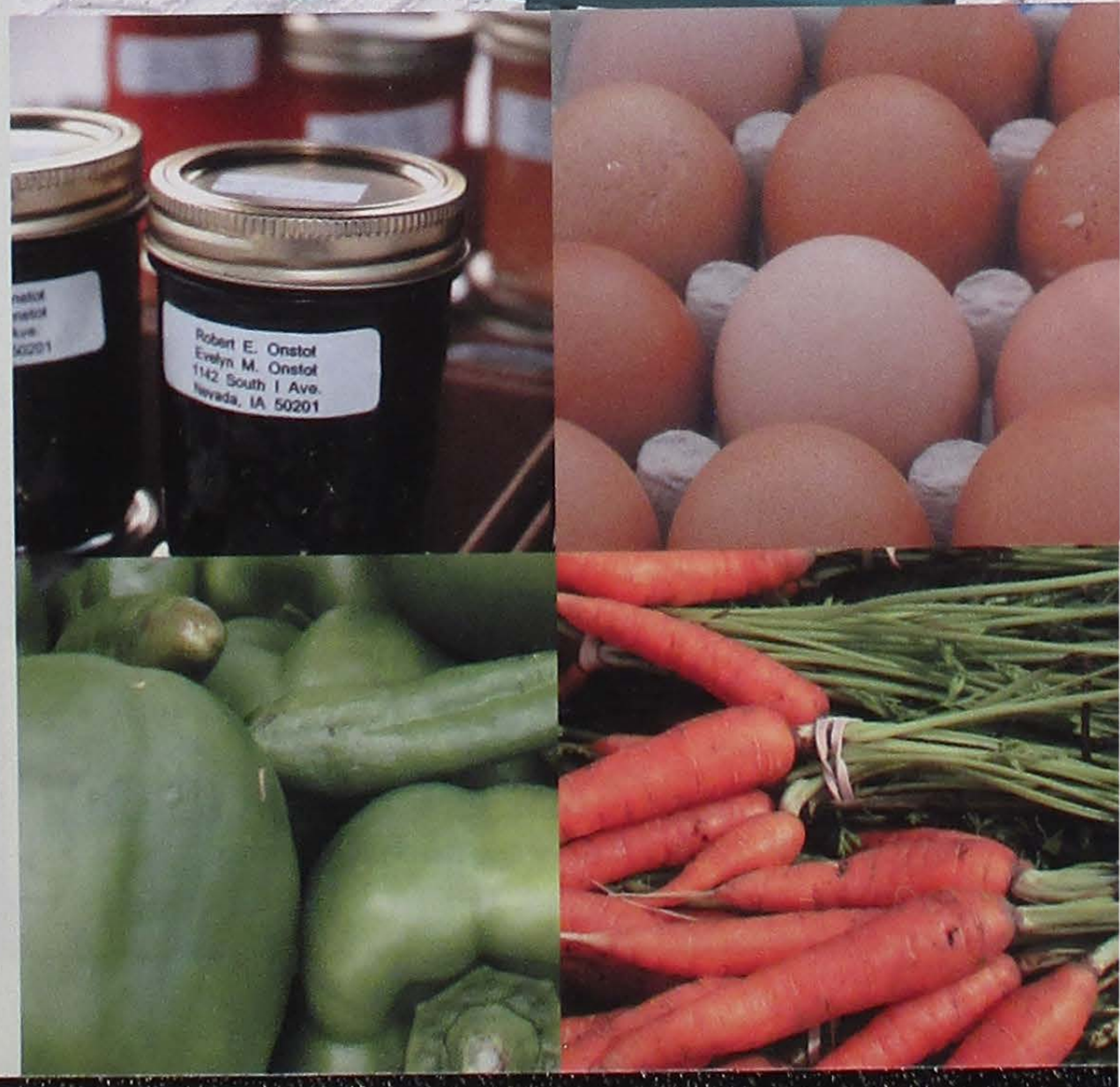
Note: Some folks do not like coriander. Ask your guests. It is quite acceptable to leave it out. For a different twist, add a chopped mango for fun. Yum.

Ratatouille (hot or cold)

One-third cup olive oil
One garlic clove, peeled and sliced
Two medium onions
Three medium zucchini
Four cups cubed eggplant
(One large sized, or 5 of the long, skinny variety)
Two green bell peppers or any type you happen to favor
10 Roma tomatoes, skinned and seeded
One cup fresh, chopped basil
Black pepper to taste

Heat oil and sauté garlic and onions. Add eggplant, zucchini, tomatoes and peppers. Simmer uncovered stirring frequently for about 20 minutes. Season with a teaspoon of sugar. Add salt to taste. This dish is wonderful hot or cold. It can be frozen if used within a couple of months. If you do freeze it, let it thaw slowly in the refrigerator. It may be used to make a fast version of minestrone soup by adding a can of tomato soup. ♦

Facets Editor Frances Wilke can be reached at 232-2161, Ext. 346 or at fwilke@amestrib.com



women

on the move

If you know of a woman who should be featured in "women on the move", write to facets@amestrib.com or call 232-2160.

Karla Boetel, Iowa State University dining's executive chef, took second place in the 4th Annual National Association of College and University Food Services Culinary Challenge held July 8, in Las Vegas. Karla was awarded a silver medal for her efforts and just missed first place by less than one point on a 40-point scale.

Tahira Hira was named to the First National Bank Board of Directors. Hira serves as assistant to the president for external relations and executive administration at Iowa State University and is a professor of consumer economics and personal finance.

The American Legion Auxiliary Department of Iowa installed **Ann Rehbein** as Department President for the year 2004-2005 at their annual convention. As the leader of over 38,000 members in Iowa, Rehbein hopes to increase membership through retention, recruitment and the forming of new units in Iowa.

Kim Peter joined the Iowa State University Foundation as senior director of development for the College of Agriculture. She had been the director of development for Ramsey Home, Des Moines.

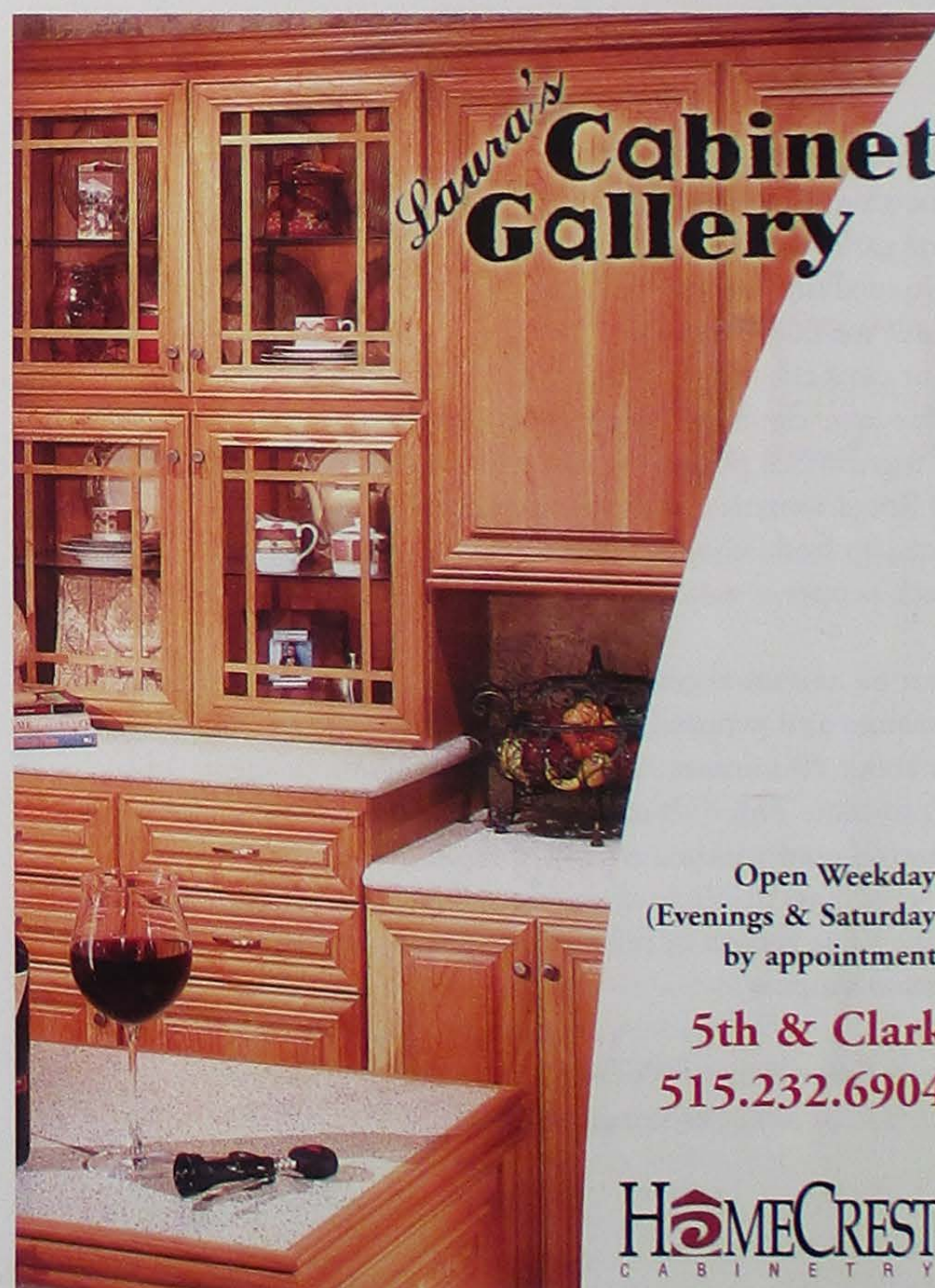
Marcy Nelson joined First American Bank in Ames as a mortgage loan originator. Nelson was previously with Hunziker and Associates for six years as a Realtor. ♦



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what do we Read next?

JANE AUSTEN

By Janet Klass
Facets Writers Group

Here we are on the tag end of summer and I am reminded of a quote from the inestimable Jane — Austen: “What dreadful hot weather we have! It keeps me in a continual state of inelegance.”

I actually first read those words on a greeting card a few years ago — above a photograph of a snow monkey sitting on a big block of ice. The humor of the card derives from the incongruity of the starchy prose juxtaposed with the monkey's casual striving for personal comfort. Jane Austen penned those words in 1796 not in one of

her six famous novels but in a letter.

I have been having my own personal Jane Austen revival month. It began with my reading the new book, “The Jane Austen Book Club: A Novel” by Karen Joy Fowler. Then at my last book group meeting, our hostess — another Jane, by the way — announced her selection for the coming month to be Austen's last book, “Persuasion.”

Our book-group Jane said she was inspired in her selection by the popularity of the book, *The Jane Austen Book Club*, the book I had just read—wow, things were coming together for me.

Then I decided to revisit all of Austen's six novels, several of which I love, a couple of which I do not, and one of which I couldn't revisit because I hadn't visited it in the first place — that one being, as luck would have it, “Persuasion.”

Actually, I did this not by reading them (with the exception of *Persuasion*), but by watching their movie adaptations. All six have been filmed at least once and all are available at your local public library, providing you live in Ames.

I would like to suggest that, as a change of pace, your book group try devoting a similar period of study to a particular author or topic.

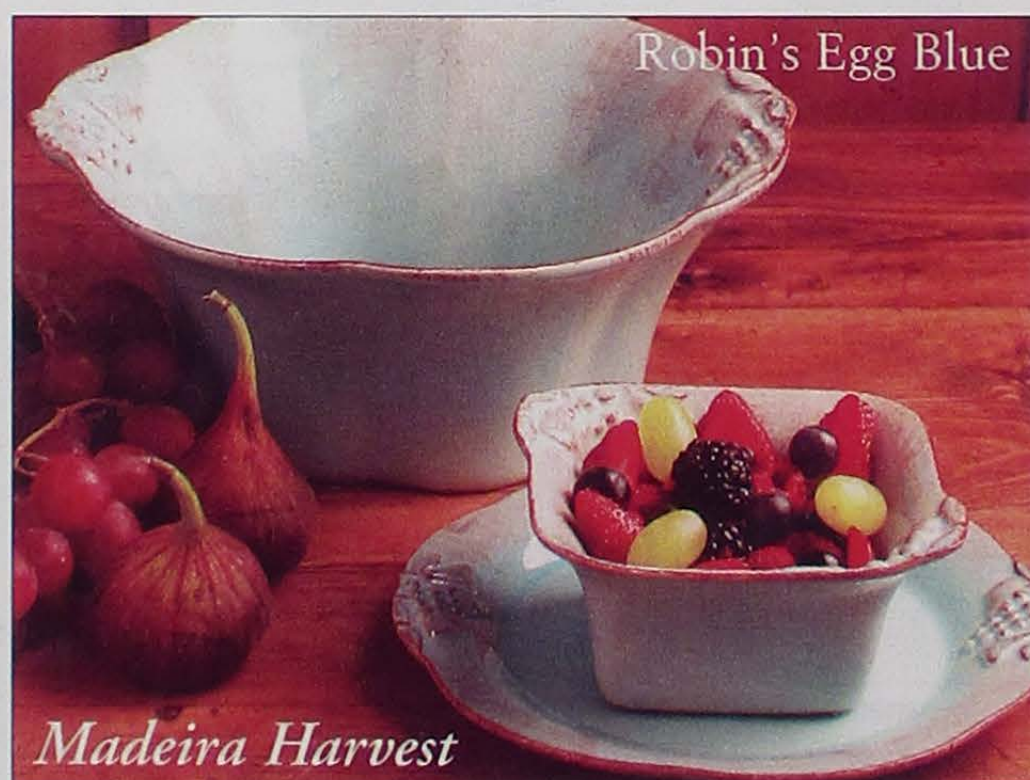
“The Jane Austen Book Group” tells the stories of the six people in the central valley of California who meet for six months in each other's homes to discuss each of Austen's six novels. The book group is made up of five women and one man of disparate ages — ranging from twenty-something to sixty-something — each with very definite preferences relating to the writing of Jane Austen and to their own lives.

Discussions of the books are interspersed with histories of each of the book group members and their relationships with people both within and outside of the group. Like Austen, Karen Fowler explores her contemporary society with witty and flowing prose, although as I said earlier, Austen's prose tends to be on the starchy side. Being starchy, however, is really part of Jane Austen's charm.

Fowler's book group members discuss Jane Austen while their own stories provide the smart and funny “backstories.” Indeed most readers of this comedy of contemporary manners will recognize that the subject of most book clubs is not the books but the members.

Jane Austen lived a relatively short life of less than 42 years, from 1775 to 1817. She began writing as a girl, and some of these

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early works as well as her correspondence and fragments of later work were published after her death.

Her writing really was not popular until the twentieth century, but has remained so ever since. Austen's style was very different from the romanticism of her contemporaries. With meticulous detail and trenchant observation, she presented the quiet day-to-day details of everyday life among the upper-middle class English.

A characteristic theme of her writing is that maturity is achieved through loss of illusions. By the novel's end, faults of character are corrected when, through tribulation, lessons are learned. This is accomplished with much wit and style. Even Austen's minor characters are vividly portrayed. Her sensitivity to universal patterns of human behavior has led many to place her among the greatest novelists of the last three centuries.

The following is a briefly annotated list of her six novels, given in the order that the author penned them:



Janet Klaas is a librarian at the Ames Public Library and is a regular contributor to Facets.

- **"Sense and Sensibility,"** written in the late 1790s but not published until 1811, is the story of Elinor and Marianne Dashwood, whose father's death has left them, along with their younger sister and mother, penurious and dependent on the kindness of relatives.

- **"Pride and Prejudice,"** written between 1796 and 1797, published after much revision in 1813, is the most popular of all of the six novels. It tells the story of the five Bennett daughters and their parents' endeavors to find them all suitable marriages. Elizabeth, the second eldest, is the central character. Her off-again-on-again courtship by Fitzwilliam Darcy, the novel's misunderstood and very formal hero, provides the typical Austen theme of maturation through loss of illusions.

- **"Northanger Abbey,"** though written in the late 1790s, was published posthumously in 1818. It is a satire of the very popular gothic romances of the late eighteenth century.

- **"Mansfield Park"** was written between 1811 and 1813, after the publication of *Sense and Sensibility*, and was published in 1814. After 12 dry years in which she composed no new fiction,

Austen wrote her last three novels in quick succession.

The book's central character is Fanny Price who, as a child, is taken out of her impoverished home and raised in the wealthy household of her aunt and uncle. She is tormented by her aunt and her three cousins, Tom, Maria, and Julia and befriended only by her cousin Edmund. The cousins all grow up; romance and misunderstanding ensue.

- **"Emma,"** my favorite of the six, was written between 1814 and 1815 and was published in 1815. Emma Woodhouse is lovely and financially secure. She lives with her father, one of literature's all-time great comedic characters, and arranges love matches among her friends while avoiding romantic entanglement for herself. Mr. Knightly, an old family friend and much her senior in years, is the only person who honestly confronts Emma and criticizes her manipulative — though charming — ways.

- **"Persuasion,"** was written sometime after Emma, and like *Northanger Abbey*, was published posthumously in 1818. In it, Anne Elliot gets a second chance at love with Captain Frederick Wentworth, a man to whom she was once engaged. ♦

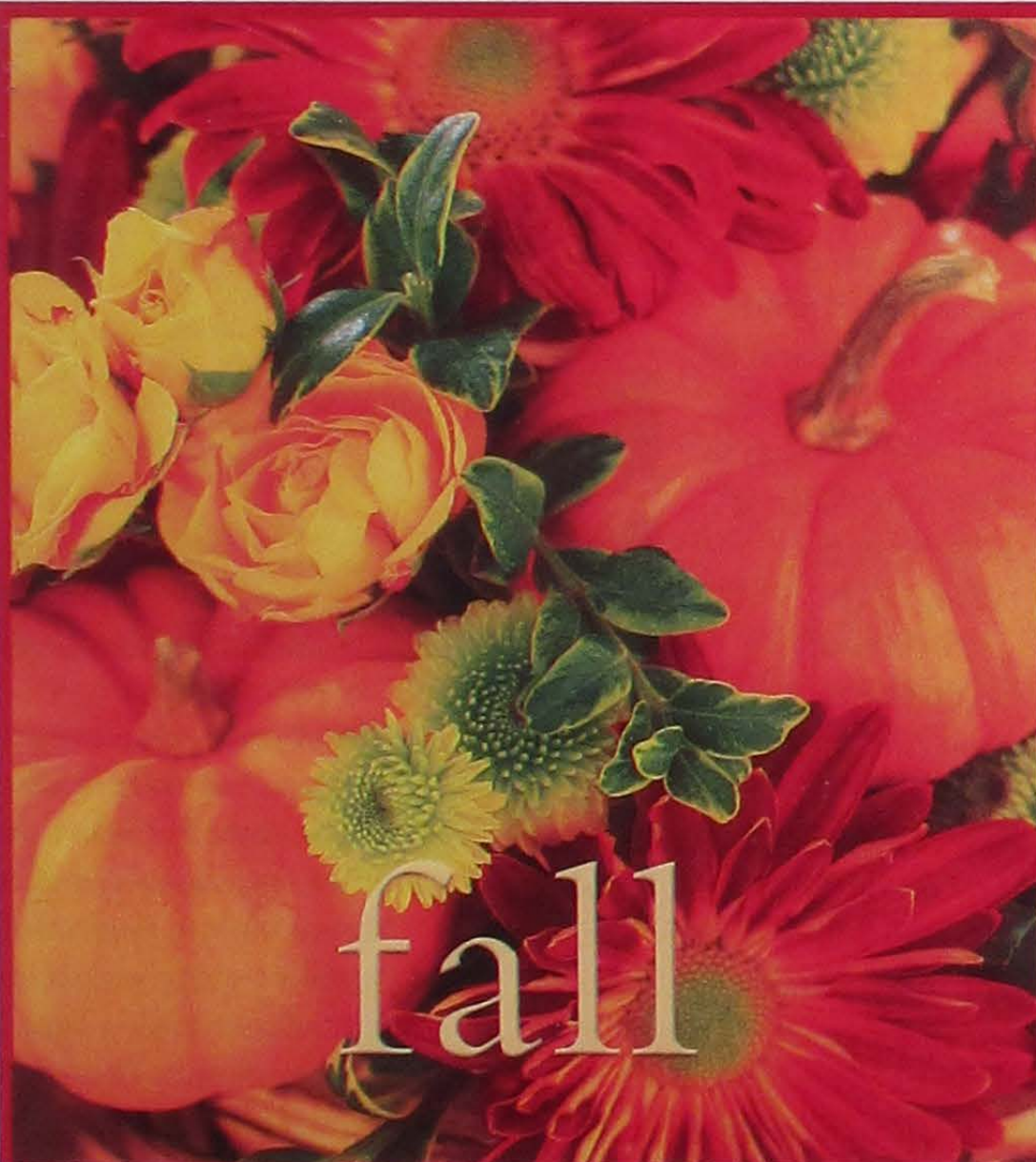
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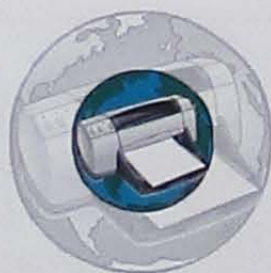
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Your say

Off to school they go!

By Chris Lawrence

It seems like just yesterday I was sitting in the hospital holding my baby boy for the first time. Now almost 6 years later he will be loading up his backpack and getting on the bus to go to kindergarten.

I can't believe all of the different feelings I have when thinking about him leaving each day to get on that bus. Some days when the questions seem never ending, I feel relieved that some one else will be answering them.

But, yet I know I will be lonely in the silence without them. I am nervous about sending him on the bus every-day. I know he already has friends on it, but what if he gets scared or hurt, who will be there to help him? What if he gets on the wrong one?

I get really excited when I think about all of the things he gets to do; all of the things he will be learning; and all of the new friends he is going to meet. Steven is a very friendly boy, so I don't worry about him making friends, just talking too much at the wrong times.

As I sit here thinking about the first day he will be getting on the bus, the tears begin to flow and the memories begin to flash before me:

The morning he stood up in his crib with his arms out and a smile on his face; the first day he took his first steps — at 11 months — across the family room; the day we went to McDonald's for his very first Happy Meal; the first day we went to preschool and he held my hand as tight as he could; the day when he just turned and looked at me and said "see you later mom" and walked up by himself.



Chris and Steven Lawrence

The months have turned into weeks, and eventually it will be just a few days. But when the day comes to send him on that bus, the tears will flow. A piece of my heart will be going with him. But most of all, the pride I have in him will be shining the brightest. This will be the first day of one of the greatest journeys for both of us. And just think, I get to do it all over again in two years when my daughter goes to kindergarten.

By Malisa Rader

The event that my daughter and I have discussed endlessly over the summer is now almost here. At any moment now, a

their children off to school for the first time. But there is a special kind of sadness that goes with the finality of sending your youngest child off to kindergarten.

Another chapter has ended and a new one has begun for both of us.

I remember a similar feeling when I weaned her off the breast. I knew that I would never nurse another child. It was a chapter of my life as a mother, and as a woman, that was ending. Through life changes such as these, both parent and child grow and mature.

I'm sure it's going to hurt and most likely, I'll cry through that "first morning of kindergarten" photo session, but it's comforting to know that I've already experienced some similar life transitions. When it's all over, we'll have all grown up a little — probably me more than her.

Being a mother is all about letting go from the minute they take their first breath. It's about giving your children wings and watching them fly. It's about knowing that they'll keep flying back to you as long as they need a home. It's about knowing that someday, you'll have to watch them fly away for the last time.

Being a mother is learning to let go of our children and learning that we, too, in the process, have learned more about flying on our own. A new flight pattern for both of us is about to begin. ♦



Michaela and Malisa Rader

huge yellow bus — its red lights flashing as if to announce some sort of emergency — will come to a stop and whisk away my little one to a new world called kindergarten.

We have the brand new outfit ready — a jean jumper and Mary Jane shoes, along with a new pink backpack and new school supplies. They make my five-year-old baby look so grown up!

I find myself asking when did my daughter, my last baby, get old enough for school? When her big brother went to school two years ago, I remember thinking this day would arrive sooner than I imagined. I was right. It's a thrilling and scary moment in time and I'm trying hard to enjoy the all-too-brief moment.

I suspect that most parents grieve a little (okay, maybe a lot) the day they send any of

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art WATCH

Octagon Art Festival

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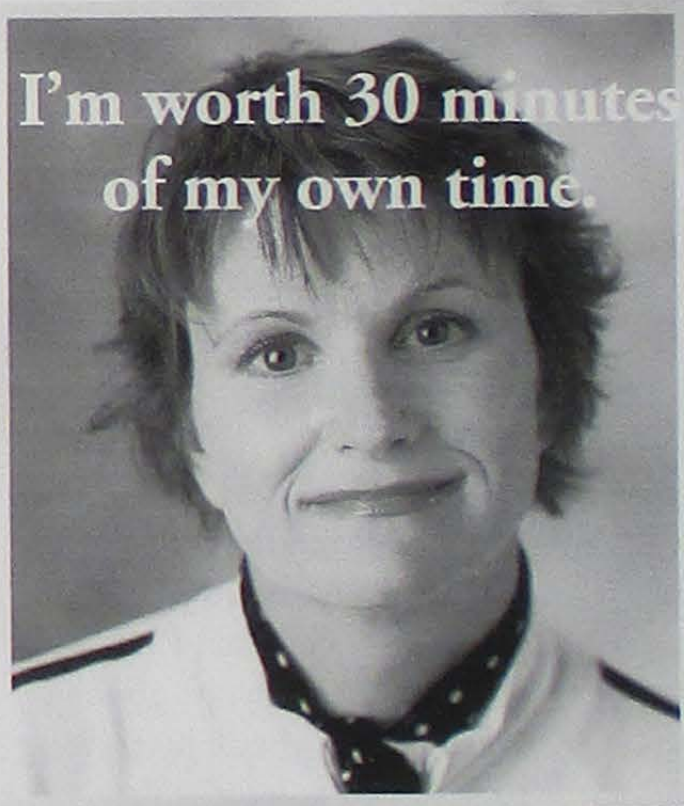


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Omega-3 fats may help prevent the hardening of the arteries, reduce the risk of blood clots, and prevent deadly heartbeat abnormalities. These fats help lower bad LDL cholesterol; raise good HDL cholesterol, and lower very high triglyceride levels.

Few people eat enough of this important fat, which is mostly found in cold-water fish such as salmon. Other types of fish high in omega-3s include mackerel, sardines, herring, anchovies, rainbow trout, bluefish, caviar and white albacore tuna canned in water.

You can also find omega-3s in canola oil, flaxseed, walnuts and soybeans. There are a lot of ready-to-eat cereals and bread mixes available with

flaxseed and soy added to them.

Monounsaturated fats are known to lower bad LDL cholesterol and raise good HDL cholesterol, lowering the risk of heart disease.

The best sources of monounsaturated fats include olive oil, olives, canola oil, avocados, most nuts (peanuts, cashews, almonds, pecans) and nut butters. There are even potato chips that are made in heart healthy oils. One to try—KETTLE® All Natural Potato Chips.

So go ahead and enhance the flavor and the health of your food by adding a little heart healthy fat to your diet!

Just remember, too much total fat is still a bad idea. Watch portion sizes and make sure you limit your intake of saturated fats and trans-fats. Call or email today to set up a free consultation with Amber or Stacy. ♦



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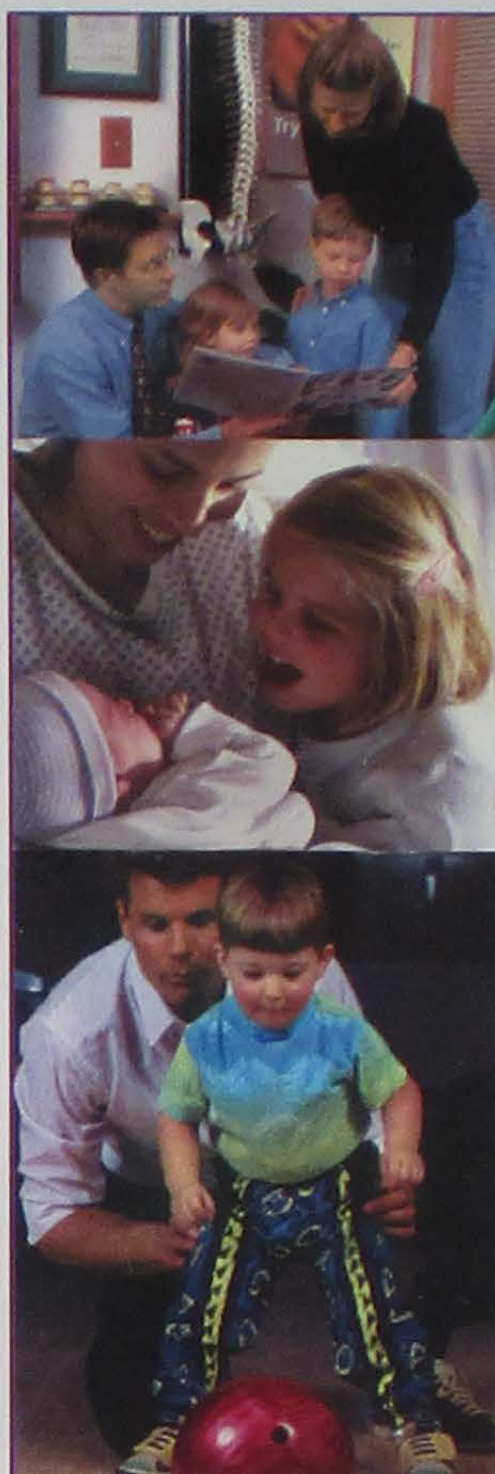
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It's your turn...

Facets is looking to give you a chance to lend your voice on something you may have read in the magazine or something as general as a comment on women's-related issues.

We hope to debut a "letters" section in the September edition. Please send your comments to facets@amestrib.com or 317 Fifth St., Ames, Iowa 50010.

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How she beat cancer

A Conversation with Kathy Geoffroy

By Frances Wilke
Facets Editor

In February 2002 at the Lied Recreation Center, Iowa State University President Greg Geoffroy was asked to lead the last lap of the Relay for Life cancer fundraiser in recognition of the survivors. His wife, Kathy, walked the lap with him.

Only they knew how important this race was in their own lives, because Kathy was a cancer survivor.

And until now, the Geoffroys have been very private about this event in their family's life.

"A conversation doesn't usually start about breast cancer," Kathy Geoffroy said quietly in a recent interview.

This petite, smiling soft-spoken woman wants to tell women to be vigilant about their health. She was, and it may have saved her life.

A family history of breast cancer guided Kathy to her first mammogram at age 35. But she was not expecting her own diagnosis until she was well into her 60's, if at all.

It was during her yearly mammogram in 1999 that a radiologist saw something suspicious, but said, "not to worry." She was worried, though, and sought a second opinion.

This doctor suggested testing again in six months. At that time, all tests came

back positive for cancer.

"The diagnosis leaves you a bit numb, unable to absorb all the information about options for surgery and/or reconstruction," she said. "Greg went along with me to all my appointments. He was good about taking notes and analyzing the statistics."

In the end, Kathy decided on a mastectomy instead of a lumpectomy. "Why take a chance on it coming back?"

The pathology report confirmed that her instincts were right. She also decided to have reconstructive surgery at the same time as the mastectomy. Doctors used her abdominal muscle and tissue to reconstruct her breast.

Home at the knoll

By Frances Wilke
Facets Editor

Radiation treatments followed, along with a five-year course of the drug tamoxifen.

"I felt I had really been let off easy compared to many women in my situation," she said. "The cancer was found very early and had not spread, and I did not need chemotherapy."

Six months after Kathy's surgery, Greg was being interviewed for the Iowa State presidency. Kathy stayed in Maryland most of his first year as president while their son Michael completed high school.

During that year, at the request of one of her doctors, Kathy spoke with other women considering her same surgery.

"I tried to answer all their questions, the same ones I had asked of others when I was in their place," she said. "The shock was that several of these women were so young, late 20's and early 30's."

Kathy has made sure that her daughters and nieces are fully aware of the family history and the need for regular self-exams and mammograms. And she urges all women to follow this same advice.

"Do the monthly self-exams, get yearly mammograms and if you don't feel comfortable with a report from one doctor, get a second opinion," she said. "Finding my cancer early made all the difference in my treatment and recovery."

Her own regular check-ups at McFarland Clinic keep this energetic wife and mother doing what she loves: being caught up with football weekends, hosting alumni, meeting with undergrads once a week with the president's leadership class, traveling with Greg and quilting.

Through it all, she is grateful for her health and she loves to open the majestic door of the Knoll to welcome her guests.

Facets Editor Frances Wilke can be reached at 232-2161, Ext. 346 or at fwilke@amestrib.com.

This Kentucky native only shows her accent when she says the word "pie."

Now Iowa is home, and Kathy Geoffroy, Iowa State University President Greg Geoffroy's wife, is impressed with the friendliness and caring of the people of the state.

Even with her love for Iowa the Ames community, she dislikes the term "First Lady." To her, Ames Mayor Ted Tedesco's wife, Joanie, is the "First Lady" of Ames.

When not in her official role as the university president's wife, she likes to feel "just another member of the Ames community."

The Knoll might have Stewart Burger as the major domo, but Kathy is the one who does the private cooking, shopping and anything else that needs to be done in the upstairs living quarters. She'll also make Greg a sandwich when he has time to make it home over the lunch hour.

The Geoffroys aren't the type of people to bother staff on the weekend. They've even been spotted at a local hardware store in search of parts for an upstairs toilet that needed some attention.

When Greg first became president, Kathy split her time between Ames and Maryland for a year. Now she's in Ames full-time and the couple is moving into the life of empty nesters.

The Geoffroy's youngest son, Michael, is home from the University of Maryland this summer and starts work at 6:30 a.m. at Reiman Gardens. The other three children stagger their visits; otherwise, they have to fight over the limited bedrooms to avoid the pullout couch.

Now that they're empty nesters, Kathy has more time to travel with Greg and said she enjoys that tremendously. This summer they went to Italy as hosts with the Iowa State Alumni Association.

Kathy volunteers for the ISU and Youth and Shelter Services. With an erratic travel schedule, Kathy said it's hard to find time for more.

When asked about the "company wife in a company town" syndrome, Kathy admits that she's conscious of things like what she is wearing while going out in public with Greg.

"When I am with him, I am more recognizable," she said. "Off come the jeans or shorts, and on with the khakis to go to the grocery store." ♦

Editor Frances Wilke can be reached at 232-2161, Ext. 346 or at fwilke@amestrib.com.

Saving for Retirement

By Marci Baldwin
Facets Writers Group

A recent survey found that 44 percent of Baby Boomers said they will outlive their retirement savings. While this finding may sound dire, there are steps individuals can take in order to save for retirement.

For example, while Social Security and 401(k) plans can provide individuals with some of the income they may need during retirement, 401(k) plans do have an annual deferral limit of \$13,000 for 2004. To save even more for retirement, many Americans have turned to Individual Retirement Accounts, or IRAs.

But the amount people are saving in their IRAs might not be enough to help them in their

retirement years. According to the Life Insurance Marketing Research Association, the average amount people have saved in an IRA account is only \$30,289. While this figure doesn't take into account other retirement savings, such as pension plans, 401(k)s, 403(b)s, or Social Security, Americans are living longer and the need to increase retirement savings is more important than ever.

Understanding this need, the government has made it easier to increase savings in IRAs. In 2001, a pension law was enacted that increased the contribution limits on IRAs, which enables Americans to save more for retirement over the next several years. For those who are under 50, the 2004 maximum contri-



bution for an IRA is \$3,000. But next year, in 2005, the maximum will increase to \$4,000. This contribution limit will stay in place through 2007. From 2008 to 2010, it will increase to \$5,000. After 2008, the limit on

IRA contributions will be adjusted for inflation.

For those already 50 or older, the law enables them to play "catch up" and contribute an additional \$500 annually. In 2006, this amount for people 50

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and older will increase to \$1,000. These increases come just in time for the first Baby Boomers who will turn 65 in 2011.

Putting this law to work and increasing personal retirement savings may seem overwhelming, particularly to Baby Boomers who feel compelled to catch up. One solution could be breaking down the yearly maximum amount to an easier-to-manage monthly increment.

For example, a 50-year-old Boomer could start saving approximately \$292 a month in their IRA in order to hit the current yearly maximum of \$3,500. If they invested a maximum of \$3,500 this year and continued at that amount for 20 years at a hypothetical annual compounded rate of six percent, they could possibly accumulate as much as \$128,749 in their IRA. This hypothetical figure doesn't even include higher

contribution limits that will take place in the future.

In order to take advantage of pension law increases, individuals should talk to a personal financial services provider to find out which type of IRA, a traditional IRA or Roth IRA, is best suited to meet their individual savings needs.

Below are some differences between Traditional and Roth IRAs.

Traditional IRAs

Traditional IRAs are available to anyone, under 70 1/2, who have earned income of at least \$3,000 in that year. You will not pay taxes on your contributions until you begin withdrawing the money.

Your contributions may also qualify for tax-deductions depending on your marital status, income and participation in an employer-sponsored plan.

You must begin withdrawing funds from a traditional IRA by

April 1 of the year after you turn 70 1/2.

Roth IRAs

People of all ages can participate in a Roth IRA as long as they have earned at least \$3,000 in that year. However, check with your financial services provider, because you could possibly be ineligible to participate based on your income level.

Contributions to a Roth IRA are not tax deductible. However, if you've held the IRA for five years and are at least 59 1/2, you will most likely not pay taxes when you begin withdrawing the money.

There are no requirements as to when the Roth IRA owner must begin withdrawing the money during their lifetime. However, after the owner's death, a beneficiary will have to make minimum distributions.

An IRA contribution can be made on or before that year's

tax-filing date (excluding extensions). For example, you can make an IRA contribution for the 2004 tax year on or before April 15, 2005. With both a traditional or Roth IRA a 10 percent early-withdrawal penalty may apply to taxable withdrawals taken prior to age 59 1/2, except in certain circumstances.

Understanding IRAs is the first step toward conquering fear of not having enough money for retirement. But I've found that the most important step is to understand how much you'll need to increase your personal retirement savings in order to meet your needs, wants and goals for the future. ♦



Marci Baldwin is an Allstate Personal Financial Representative in Ames. This is her first contribution to Facets.



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Your Letters

I have enjoyed the first two issues of Facets.

I would love to see some articles advocating and supporting breastfeeding. I am also interested in seeing some articles on healthy lifestyles, and how to maintain a healthier lifestyle while living in Ames. Specifically, I am interested in learning more about organic diets and environmental risks/toxins in our homes.

*Sincerely,
Jane Esterly-Rettig
Ames*

To submit a letter: e-mail
facets@amestrib.com or
317 Fifth Street, Ames, IA 50010
Please include phone number.

Just a quick note to say that you are doing a wonderful job with Facets! It looks great and reads very well. I know that there is tons of work behind it and I hope you are enjoying it.

*Best regards,
Sue Ravenscroft
Ames*



Facets is entertaining and informative; a nice addition to the Tribune. I enjoy reading about educated women like Jackie Norris and Cindy Paschen who are accomplished and successful in both their personal and professional lives.

*Pat Redlinger
Nature's Touch
Ames*

I love the concept and the way you have done the magazine, Facets for Women. I think it is great to read about local women, their contributions as well as information for women.

I am a dietitian and a certified diabetes educator at Mary Greeley Medical Center. I also am a culinary instructor and author of New Indian Home Cooking. I would love to contribute to the magazine on any diet or Indian food related topic.

Please let me know if that fits your magazine profile at some point.

Congratulations again on a very awesome magazine.

*Madhu Gadia
Ames*

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mother & CHILD

By Malisa Rader
Facets Writers Group

"Laugh at yourself and the tiny reproductions of yourself, as they exhibit every bad habit you've ever had."---Unknown

We've reached a new stage in our household. Over dinner the other night, my seven-year-old son asked if he could call me "Mom" rather than "Mommy." Now I know this is just a title and that there are certainly worse things to be called, but the hairs on the back of my neck stood up.

Maybe it is that I'm from the South where the names adults are called by children are considered very important in terms of showing respect. My suggestion to be called "Mother" was deemed odd by my Midwestern family. I felt a lump in my throat as I realized this is just the first of many signs that my son is growing up — right on schedule.

Honestly, I cheer for him that he is finding his independence and trying on new things for size. But inside, I must admit it is hard for me to see my baby boy moving step by step away from his Mommy Mom. Each time our children graduate from one stage to another (i.e. crawling, walking, preschool, school, high school — graduation) we as parents are excited and a little sad as well. We want our children to grow up, but we reminisce about the "good old days" of rocking our baby to sleep or a tiny hand in ours as we cross the street.

I need to ask myself the key question of now what should I do? How can I help support my child in taking the next step? How can I continue to let go

but not go overboard? My son is moving closer to the ultimate goal of childhood: to become an independent individual. This accomplishment happens neither smoothly nor overnight, and the path winds both forward and backward. But it is in the very nature of this meandering journey that each child truly finds his own way, with his parents (whatever they may be called) cheering, nagging, encouraging, and supporting him increasingly from the sidelines. ♦



By Malisa Rader
Parent Coordinator
Child Development
Laboratory School
Iowa State University

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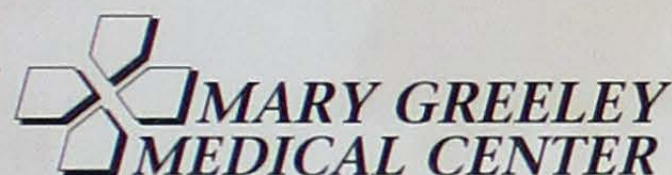
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- Keynote address by Karyn Buxman, C.S.P., C.P.A.E. A highly sought humorist and nationally recognized expert in therapeutic humor, Karyn shows people how to manage their stress and improve their bottom line through humor and laughter.
- Healthy lifestyle breakout sessions
- Boxed lunch
- Style Show & Lifestyle Fair

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8:30 a.m. to 1 p.m. – Registration

8:30 a.m. to 4 p.m. – Lifestyle Fair

9:30 to 10:30 a.m. – **Keynote Speaker, Karyn Buxman:**

"Is the Noise in My Head Bothering You?"

10:45 to 11:45 a.m. – Breakout Sessions

11:45 to 1 p.m. – Lunch Break

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1:15 to 2:15 p.m. – Breakout Sessions

2:30 to 3:30 p.m. – Breakout Sessions

3:45 to 4 p.m. – Door Prize Drawing

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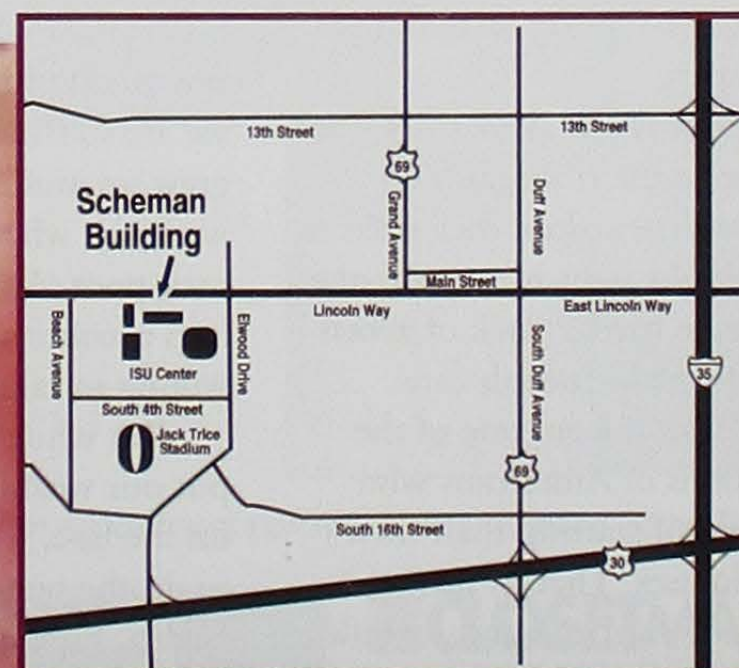
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**Scheman Building,
Iowa State Center, Ames**

hue & cry

Definition: Any loud clamor or protest intended to incite others to action.

Want to boost small business? Fix health care

By Heidi Marttila-Losure
Facets Writers Group

Both John Kerry and George Bush have picked up their rhetorical pompoms to cheer for small business in their pursuit of the presidency.

The heart of their cheers is pretty much the same: "Small businesses are the engine of the American economy," according to Kerry's Web site. "Small businesses are vital to our nation's prosperity and reflect the hard work of the American people," according to Bush's Web site.

Both then proceed to list their ideas on how to encourage entrepreneurship. Some ideas are good, some not so good, but on the whole, after all the loud "let's hear it for small business!" cheers, both candidates' plans for small business amount to tentative whispers.

If policy makers truly want to open the floodgates of entrepreneurship, they need to take bold steps to remove one massive barrier: lack of access to affordable health care.

Take it from one of the millions of Americans who dream of starting their own businesses. That is, me.

My husband and I would like, at some point, to move to

rural South Dakota, where I grew up. The positives of rural living are many: a slower pace of life, no traffic to fight and connectedness to community for starters. The likelihood of finding a good-paying job with benefits, however, is pretty remote.

But that wouldn't keep us from making the move. Every time the statistics about fewer jobs in rural America make the news, or when a glance at the job listings confirms the numbers, I remind myself that the promise of rural America has never really been found on job boards. Rural America is the kind of place where you make your own opportunities.

We have some ideas on how we would make a living there. Some of them are even legal. And we already meet one big prerequisite for going into business for ourselves: We are not afraid of being poor while we are starting out. Both of us grew up around farming, and we know what it's like to be cash-poor. A drain on our savings account is a risk we are willing to take.

But while we are willing to put our wealth (such as it is) on the line, we are not willing to do the same thing with our health. Especially if at some point we decide to have chil-

dren. Access to affordable health care is absolutely mandatory but it isn't a given in the world of small business.

It is news to no one that health insurance premiums are skyrocketing, and the pain is felt by small businesses and especially the self-employed.

A survey released in July by the National Federation of Independent Businesses showed that two-thirds of small-business owners cite the costs of health-care coverage as the most critical issue they face, an increase of 18 percent since 2000.

And a 2003 survey of small-business owners in Illinois found 70 percent of employers who provide health insurance fear they won't be able to do so in the future, according to the Campaign for Better Health Care's Web site.

Many small-business owners already have stopped offering health-care plans to employees, which gives these businesses another hurdle to overcome when hiring.

Not offering health insurance limits the potential pool of applicants to those whose spouses have substantial coverage, those young and healthy enough to risk going for a while without health insurance (and who will likely move on

as soon as they can get a better deal), and those desperate for any job. The pickings get pretty slim pretty fast.

If policy makers want to make the world of small business — the "engine of the American economy" so "vital to the nation's prosperity" — more inviting to entrepreneurs and employees alike, the answer is clear: Fix health care.

Then watch what happens. We just might see a rush of entrepreneurs stepping into the marketplace.

In a nation where more and more people are making their employment decisions based on benefits, imagine the possibilities if worries about who would pay if you got sick were eliminated. Would you be working where you are today? Or would promised access to affordable health care give you the freedom to follow a different dream?

I know it could change my plans. You just might find me hanging out a sign on a small-town Main Street in South Dakota one day. ♦



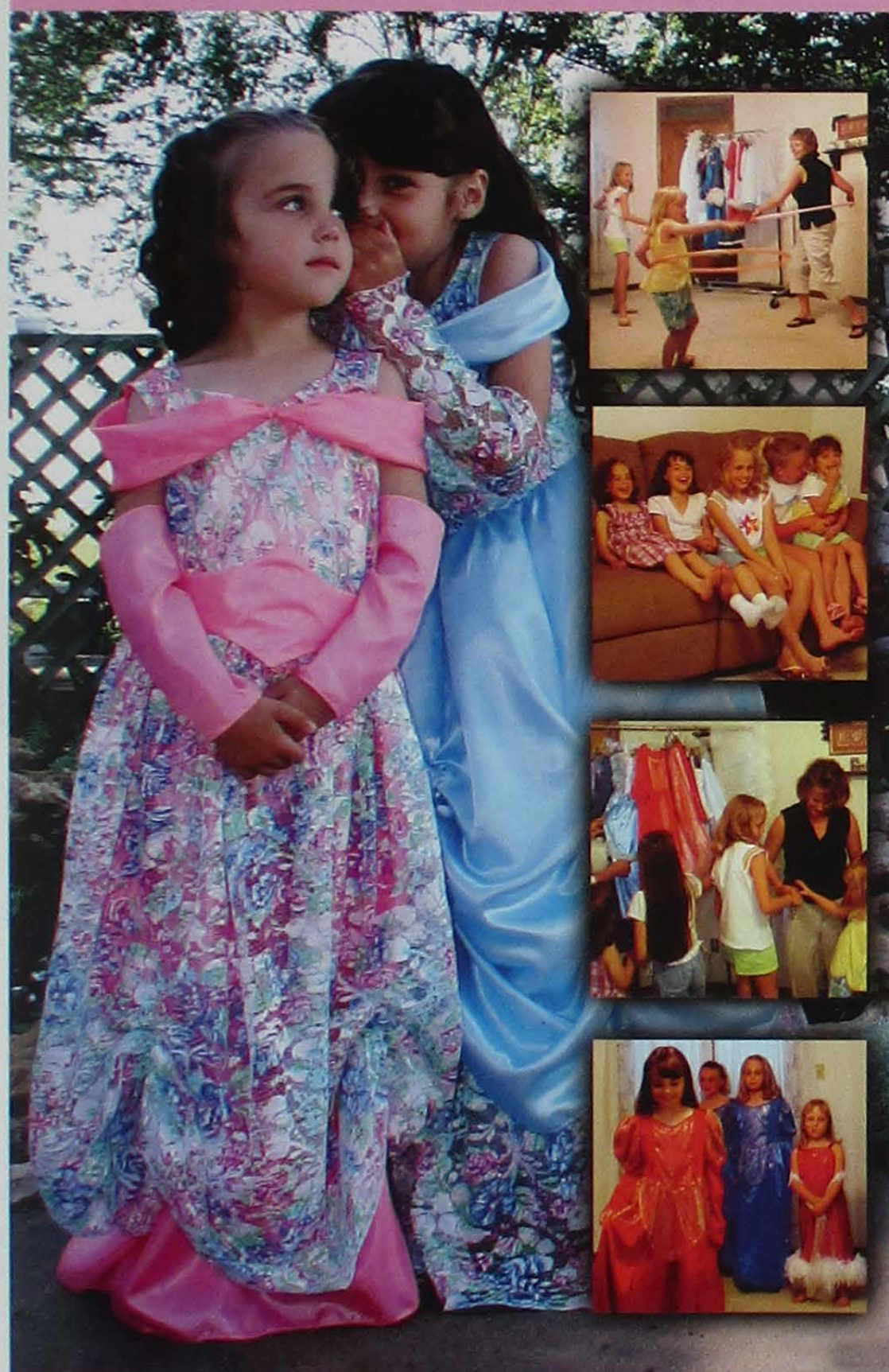
Heidi Marttila-Losure is a copy editor at The Tribune in Ames and is a regular contributor to Facets. Contact her at hlosure@amestrib.com.

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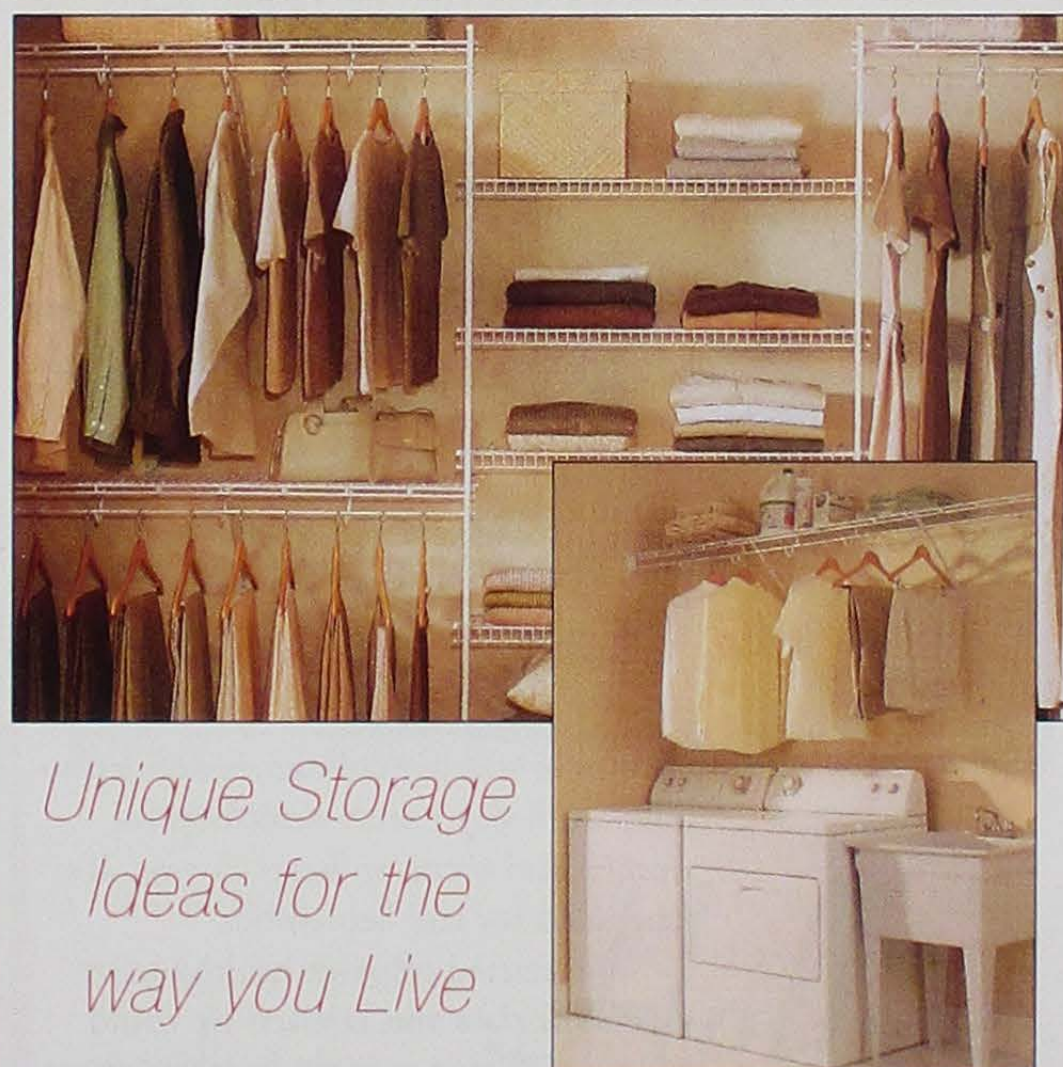
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A woman **with Heart**

By Frances Wilke
Facets Writers Group

Denise Sorrentino has a thing for hearts.

And she hopes that more women do too.

Sorrentino, 41, is a cardiologist at the Iowa Heart Center and practices at Mary Greeley Medical Center. She wants to get women thinking about good cardiovascular health.

This Ames mother of four wants women to take control.

Heart disease is the number one killer for women, according to the American Heart Association. Combined with strokes, heart diseases kill nearly 500,000 women a year, and is more than the next seven causes of death combined, including cancer, the association reports.

Between 1996 and 2000, 493 Iowa women over the age of 35 died from heart disease. The national rate was 536 deaths.

Sorrentino and others think women in Iowa can do better.

So she and her colleagues decided to offer a full-day health workshop for women and focus on heart disease. It's scheduled for late September.

"We started off with healthy heart awareness class and realized we could make a day of it to include other important information women need to know," said Sorrentino who specializes in electrophysiology.



Heart Attack Warning Signs

Some heart attacks are sudden and intense. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help.

Here are signs that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** May occur with or without chest discomfort.
- **Other signs:** These may include breaking out in a cold sweat, nausea or lightheadedness

Source: American Heart Association.

WOMEN'S HEALTH: *IN THE SPOTLIGHT*

This fall, Mary Greeley Medical Center will unveil a new event focused entirely on women. The Central Iowa Women's Symposium is an all-day event dedicated to providing women with the tools they need to live a healthy and fun filled life. The symposium offers topics of interest varying from women and cardiovascular health to dressing for your body shape.

The symposium is slated for Saturday, September 25 from 8 a.m. to 4 p.m. in the Scheman Building at the Iowa State Center in Ames. Cost of the event is \$25 and includes a keynote address, dozens of healthy

lifestyle breakout sessions, a boxed lunch and a style show. Information and registration will be mailed to central Iowa homes during the summer. You will also be able to access registration through The Tribune. To place your name on our mailing list, call 239-2038.

The event is presented by Mary Greeley Medical Center and is coordinated by a dedicated group of volunteers from the Mary Greeley Medical Center Auxiliary. The keynote address will be delivered by nationally respected humorist Karyn Buxman and the breakout sessions will be offered by local physicians and healthcare professionals. An

added attraction will be a lifestyle fair featuring an array of exhibitors offering information on health, wellness and beauty.

"Our goal is to provide women of all ages with information to empower them in making healthy lifestyle choices," says event spokesperson, Tami Goodhue. "With the focus solely on women, it provides an opportunity to share candid information."

Watch your mail and local newspapers for more information about the Central Iowa Women's Symposium during the summer and fall or visit us online at www.mgmc.org. ♦

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Monday 9-5:30	Tuesday 9-5:30	Wednesday 9-5:30	Thursday 9-8	Friday 9-5:30	Saturday 9-5
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Get Out & GO!

Story City Hosts Second Annual

YA



Sisterhood WEEKEND

Story City Main Street will hold its second annual Ya Sisterhood weekend September 24-26.

Ya Sisterhood, A Weekend for Friends, is planned to be a weekend filled with food, fun and shopping. Organizers planned it to be a small getaway in between the frenzy of back-to-school and holidays.

"It's a charming getaway filled with events designed to encourage, educate, and entertain women as we relax and recharge," said Cathy Hermanson, owner of Evergreen Wishes. "At the close of the weekend, we want everyone to leave feeling energized to meet challenges and happy to have had the opportunity to spend a few exhilarating days with other great women."

The event begins Friday evening with registration at 5:30 p.m. Participants will receive the official Ya Sisterhood tote bag filled with goodies and information about shopping in downtown Story City. Ya sisters can choose from several events on Friday night, including a wine tasting at the Cottage on Broad,

chick flicks, a pool party, and more.

Saturday, sisters can participate in a Walk for Cancer, enjoy an afternoon tea at the Bartlett Museum, register for a quilt giveaway, and shop. There will be activities downtown. Sisters can participate in a shop hop, watch demonstrations in the shops, see a style show, listen to street musicians perform and more.

"The Ya Sisterhood is about getting away with your friends for a weekend," said Sue Ernest, owner of the Cottage on Broad. "We have a great mix of shops here in Story City as well as an excellent dining district. We as Ya Sisterhood members are so excited to showcase everything we have to offer in Story City."

Saturday night, the Ya sisters can enjoy a slumber party at the Comfort Inn before heading off to more activities downtown Sunday morning. Information about the weekend can be found in the shops in Story City as well as by calling the Main Street Office at (515) 733-9050. ♦

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The Cottage On Broad

410 Broad Street

515-733-4376

We invite you to experience amazing cuisine and exceptional service at The Cottage On Broad. Owners Sue Ernest and Chris Hansen welcome you to enjoy a fun and wonderful dining experience. Featuring your favorite steak, seafood and pasta entrees. Serving lunch Tuesday - Saturday 11am - 2pm and Diner after 5pm. Relax and enjoy our charming dining rooms. Seating for 2 - 200. Also a great venue for wedding receptions, rehearsal dinners, corporate meetings, class reunions and holiday parties. Visit us online @ www.cottageonbroad.com



Evergreen Wishes

601 Broad Street

515-733-4145

Visit Evergreen Wishes for elegant and distinctive gifts. Featuring stained Glass, Pottery, Nativity Collections, Caren Lotions, Children's Corner, Red Hat Collection, Yard & Garden Decorations, Scandinavian Collection, kaleidoscopes and Soy Jar Candles. Truly something for everyone at Evergreen Wishes in downtown Story City. We're open Monday - Saturday 10 - 6.



Carousel Antique Mall

1639 Broad Street

515-733-9311

With over 50 antique dealers in this 10,000 square foot antique mall, we feature furniture, glassware, quilts, primitives, collectibles and much more. It is also open 7 days a week. Mon - Sat 10am - 7pm, Sundays Noon - 5pm. Carousel Antiques is conveniently located in Story City just off I-35 and it is the largest Iowa antique mall located on the interstate north of Des Moines. Also check out Fairview Station Antiques located in downtown Story City.



The Corner Stone

Inside Story City Pharmacy

621 Broad Street

515-733-2233

Welcome to the unique world of Peggy Karr Glass. The Corner Stone is proud to feature and highlight this premier American handmade fused glass giftware. This line features colors hand stenciled on to a layer of hand-cut glass and a second layer of glass is then placed on top. Finally, the entire piece is placed on a mold and kiln-fired at 1600 degrees F fusing the glass and color into one. Many different designs are available. Stop by soon and our fine line of Peggy Karr Glass giftware.



Ya Sisterhood

A Fun - Filled Weekend!

September 24 - 26 In Story City

You'll enjoy wine tasting & appetizers, chick flicks, pizza, a pool party, a style show, stories, a shop hop, a walk for breast cancer, a quilt give-a-way, guest speakers, plus shopping, shopping, shopping!

RSVP TODAY!

733-9050 Mainstreet Office

mainstreet@storycity.net or to Elaine Tekippe at ptek@prairieinet.net



The Way

610 Broad Street

515-733-4725

Visit us today and you'll find many of your favorite dolls and figurines from The Precious Moments Collection at The Way. We're your full service Christian Bookstore, bringing you the best in Faith books and music. We also bring you a great selection of Scandinavian Imports and Gifts. We have something for everyone. Stop by and see us soon.

The sunflower



Plant sunflowers anywhere for beauty and excitement that will captivate the entire family. The easy and fast-growing flower will thrive in the sunshine and provide children with a "growing experience." The rich sunflower history and variety of sizes and colors will make the flower a popular garden choice every summer

The fun flower

By Joy Middleton
Facets Writers Group

This month's Reiman's Pick, the sunflower, is rich in history, unique in character, and fast growing. It's an ideal plant to teach children the wonders and joys of gardening. Sunflowers are perfect for youth because small hands can easily handle the large seeds and the plant grows quickly, completing its life cycle in a few short months.

Sunflowers are native to North America. In fact, evidence found at archaeological sites proves the sunflower has been cultivated since 3,000 B.C. The American Indian used sunflowers for food, curing rattlesnake bites, relieving chest pain and as dye for face painting.

Across the globe, sunflowers became important when the Holy Orthodox Church of Russia forbade the use of many foods during Lent and Advent, especially those rich in oil. Russians eagerly accepted sunflower oil in their diet because it can be eaten without breaking this religious rule. Russia soon became an international leader in the production of sunflower seeds, a title it still holds.

The sunflower, *Helianthus annuus*, is an annual garden flower that will grow in almost any type of soil, requires a full sun location and a little pest control.

From electric lemon to deep bronze, sunflowers come in varieties compact enough for container use, yet tall enough as a unique screen or fence.

- The classic giant 'Cyclops Hybrid' by Burpee® grows up to 15-feet tall and produces delicious seeds from 14-inch flower heads.
- Dwarf sunflowers grow 14-to 30-inches tall, perfect for children's gardens or containers.
- The 'Sundance Kid' variety by Park's Seed is a dwarf sunflower that features extremely free-flowering blossoms.
- 'Fun in the Sun' hybrid mix and 'Summer Trio' by Burpee® will provide several varieties in one packet.

Color preference and space limitations are just two considerations when selecting a favorite variety. Park's Seeds produces a perennial sunflower, *H. Maximilianii*-Prairie Sunflower that grows 6 to 8 feet high.

Bring the sunny charm of Van Gogh's painting into your home by choosing one of the 'Van Gogh' variety packs available from most seed catalogs. If cuttings of the flowers are what you desire, then choose dwarf varieties, which are ideal for cuttings.

Children can be active participants in growing and gardening with sunflowers. First, they are easy to plant. Try building a little house out of sunflowers by arranging the seeds in rows, circles or squares that will grow to become the walls of a "sunflower house."

Now, children can observe in awe as they watch the miracle of life sprout and build them a house made from flowers. Just remember that when the first leaves appear, the sunflower seedlings should be thinned so that they are approximately 15 inches to two feet apart.

After thinning, there is little to do but water and wait. While the plants are growing, have your child read the colorful children's book, "Sunflower House" by Eve Bunting. As the plants grow, measure their growth to the height of your child. After only two weeks, the plants will be ankle high, then to the knees, the waist, and so on.

When the heads droop and the petals fade, tie a large paper bag around the heads to catch any falling seeds and prevent the birds from eating them. By late September, the heads should be ready to cut from the plants.

Leave about six inches of stem attached to serve as a handle. The seeds are easy to remove by picking them out or brushing them with your hands. The seed head of the sunflower is the child's ultimate reward.

With pride your child will say, "I grew it myself!"

Sunflower seeds can be eaten raw or roasted. They are a healthy snack containing high levels of protein, thiamine, vitamin E, iron, potassium and calcium. They also can be saved and used as birdseed in winter feeders to attract beautiful cardinals.

Sunflowers can be seen in the Patty Jischke Children's Garden in Reiman Gardens. Visit the Scarecrow Garden to see how many different types of garden plants and farm crops grow – it's an educational treat for children of all ages. ♦



Joy Middleton is the youth education intern at Reiman Gardens, Iowa State University. This is her first contribution to Facets.



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